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VARIETY MEATS FOR WARTIME MEALS

Ruth Van Deman, Bureau of Home Economics, U. S. D. A. Broadcast in the Department portion of the National Farm and Home Hour Thursday, November 19, 1942, over stations associated with the Blue Network.

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WALLACE KADDERLY: . . . And now Ruth, tell us what's cookin' -- and what's stewin' -- for Share the Meat days.

VAN DEMAN: Today, Wallace, it happens to be "what's baking" -- and the answer is "Scalloped Liver and Potatoes." But first I want to say a few appetizing words about the "variety" meats -- broiled liver, stuffed heart (a pinch of thyme does wonders for that stuffing). Then there's kidney stew, boiled tongue, creamed sweetbreads. These meats are not on the restricted list, so we can add them to our 2 1/2 pounds a week, and know we're not using more than our fair share of the national meat supply.

There's a reason for my talk today. Yesterday morning a young lady came in to get a recipe for Scalloped Liver with Potatoes. She said she'd never in her life cooked any meat but steak, chops, and roast -- but that morning her husband had asked her to please have liver and potatoes for dinner. Yes, and he wanted them cooked together, in the oven -- just the way his mother used to do it.

I found the recipe for liver and potatoes for her in our bulletin, "Meat for Thrifty Meals." It also has recipes for boiled tongue, braised stuffed heart, kidney stew, and tripe dipped in a thin batter and fried to a crispy brown.

When I mentioned tripe my visitor looked at me in wonder and surprise. "Is tripe really good to eat?" she asked. "I thought tripe was just a slang expression!"

After that, I couldn't resist telling her about the high nutritional value of the variety meats. They're good protein foods, I explained. Liver, heart, kidney, and brains are especially rich in iron and B vitamins. Liver is one of the richest of all sources of Vitamin A.

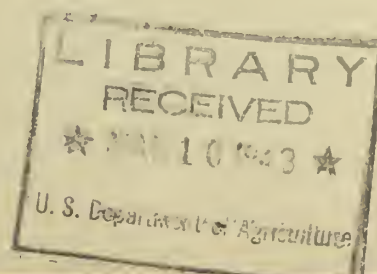
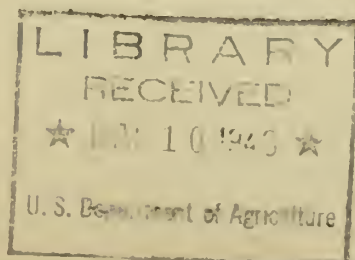
And now just in case some one else is interested in scalloped liver and potatoes, here's the way it's fixed, in brief:

Brown the sliced liver very lightly in fat. Then cut it into small pieces. Pare and slice raw potatoes the usual way for scalloping. Then arrange the potatoes and liver in a baking dish in layers, with salt and pepper to taste. Cover with milk, and bake in a moderate oven for about an hour.

And there it is...the main part of dinner, ready to set on the table all in one hot savory dish.

And just a note on saving fuel. You might bake apples in the oven at the same time.

(Over)



And here's another suggestion--to go with the Scalloped liver and Potatoes. Harvard Beets with a sweet-sour sauce, a crisp green salad, and of course the baked apples for dessert.

How's that, Mr. Kadderly, for Save-the-fuel days and Share-the-Meat days?

KADDERLY: Ruth, it sounds so good that I'm going to do something about about it when I eat lunch. And about that bulletin..."Meat for Thrifty Meals."

VAN DEMAN: Anyone who wants a free copy can have it by sending a post card to the Bureau of Home Economics.

KADDERLY: All right, Farm and Home friends, help yourself. Address your card to the Bureau of Home Economics, Department of Agriculture, Washington, D. C. Ask for the bulletin called "Meat for Thrifty Meals." - - - and you'll get about a hundred recipes to help you share the meat.

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